



Wellness Center

Equipment And Rules

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wellness Center Rules

The Wellness Center is available to all who hold a full facility membership. Youth ages 11 to 13 can use the Wellness Center under the supervision of a parent/guardian and must complete a Kid Friendly orientation. Youth 14 and older can use the Wellness Center unsupervised, but must sign in before each use and read and sign the youth/teen guidelines. All members 14 and older can receive 3 free orientation sessions to the Wellness Center.

Cardiovascular Equipment

- 6 Life Fitness Treadmills
- 4 Precor Treadmills - 2 with personal TV's
- 2 Precor Cross-Trainers with personal TV's
- 7 Life Fitness Elliptical
- 3 Life Fitness Recumbent Bikes
- 1 Life Fitness Stationary Bike
- 2 Stair Master Spinnaker Recumbent Bikes
- 1 Cybex Arc Trainer
- 3 Cybex Stair Steppers
- 2 Star Trace Spinner Bikes
- 3 Espresso Fitness Bikes
- 1 Rower

Nautilus Strength Equipment

- **Quadriceps:**
 - Leg Press
 - Leg Extension
- **Hamstring:**
 - Prone Leg Curl
 - Seated Leg Curl
- **Chest:**
 - Incline Press
 - Bench Press
 - Vertical Chest Pr
 - Pec Fly
- Lat Pull Down
- **Upper Back:**
 - Super Pullover
 - Compound Row
- **Triceps:**
 - Tricep Press
 - Tricep Extension
- **Biceps:**
 - Preacher Curl
- **Shoulders:**
 - Overhead Press



- Lateral Raise
- **Hips:**
 - Hip Adduction
 - Hip Abduction
- **Upper Body:**
 - Assisted Chin-Up
 - Dip

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- Lat Pull Down
- **Core / Lower Back:**
 - Lower Back
 - Abdominals (2)
- **Total Body:**
 - Cable Cross

Core & Stretch Area

- Mats
- Medicine Balls
- Stability Balls
- 2 Precor Stretch Trainers
- Incline Bench
- Foam Roller

Free Weight Room

- Dumbbells – 3lbs to 80 lbs
- Fixed Barbells – 20 lbs to 110 lbs
- Plate Loaded Barbells
- Squat Rack
- Smith Machine
- Cybex Plate Loaded:
 - Advanced Chest
 - Advanced Pull Down
 - Squat Press
- Hoist – Chest Press

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